

## **NORTH DISTRICT CROSS COUNTRY SELECTION 2018/2019**

### **Inter District Cross Country Stirling Saturday 12<sup>th</sup> January 2019**

District teams are up to 15 to run with 6 to score

Selection for U13, U15, U17, Sen/Jun Male & Females will be normally be the 1<sup>st</sup> 8 from North District Cross Country Championships at Gordonstoun on Saturday 8th December plus up to 7 others on all known form with weighting to Gordonstoun. In all cases consideration will be made on the final number of selected athletes in each age group in order that all athletes selected will benefit from the competition.

### **Inter Counties UK Championships Loughborough Saturday 9<sup>th</sup> March 2019**

Selection will be made largely on results from the National Cross Country Championships at Falkirk on Saturday 23<sup>rd</sup> February 2019.

Full Selection policy for Cross Country and Road Running for 2018/19 at

<http://www.scottishathletics.org.uk/athletes/performance/selection-policies-international-handbooks/>

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